

# ABOUT SANDY HOOK PROMISE

Sandy Hook Promise (SHP) envisions a future where all children are free from school shootings and other acts of violence. As a national nonprofit organization, SHP's mission is to educate and empower youth and adults to prevent violence in schools, homes, and communities.

Creators of the life-saving, evidence-informed *Know the Signs* prevention programs, SHP teaches the warning signs of someone who may be in crisis, socially isolated, and/or at risk of hurting themselves or others — and how to get help.

SHP is led by several family members whose loved ones were killed in the tragic mass shooting at Sandy Hook Elementary School on December 14, 2012.

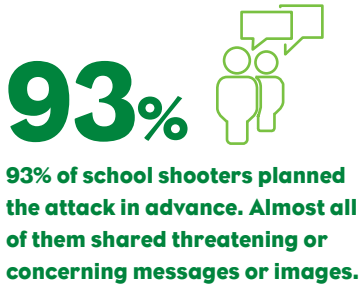
**School shootings and violence are not inevitable. They are preventable when we "know the signs."**

For more information or to learn how to bring the Know the Signs programs to your school or community, visit [www.sandyhookpromise.org](http://www.sandyhookpromise.org) or email [programs@sandyhookpromise.org](mailto:programs@sandyhookpromise.org).



# KNOW THE SIGNS

**PEOPLE WHO MAY BE AT RISK OF HARMING THEMSELVES OR OTHERS OFTEN SHOW WARNING SIGNS BEFORE AN ACT OF VIOLENCE TAKES PLACE.**



## KNOW THE SIGNS PROGRAMS

Sandy Hook Promise's *Know the Signs* programs are customized for elementary, middle, and high school to effectively teach students and educators to recognize at-risk behaviors and get help. These early prevention measures empower everyone to help keep schools and communities safe. Our program curriculum and its objectives align with equity, diversity, and inclusion principles. This commitment is foundational to our violence prevention approach. We believe that teaching kids to value inclusivity, speak up against injustice and victimization, and get help for those who need it will help ensure a just future for everyone.

Each program offers 30- to 40-minute student trainings with resources that include an Educator's Guide, lesson plans, activities, games, and discussion guides. The *Know the Signs* programs aligns with CASEL standards for Social-Emotional Learning including relationship skills, social awareness, responsible decision-making, and self-awareness.

### Start With Hello™

Teaches students in grades K-12 how to minimize social isolation, empathize with others, and create a more inclusive and connected school community.



### SAVE (Students Against Violence Everywhere) Promise Clubs

Encourages youth to take charge of keeping schools safe by teaching, modeling, and continually reinforcing the key messages of *Start With Hello* and *Say Something*. Each student-led SAVE Promise Club receives tools and resources to plan events, activities, and projects that promote kindness, inclusiveness, and the value of looking out for one another.



### Say Something™

Age-appropriate training for students in grades K-12 to understand how to recognize warning signs and threats — especially on social media — of someone who may be considering harming themselves or others, and how to intervene by telling a Trusted Adult.



The program for elementary students (*Say Something Elementary*) uses the initial framework of the program with lessons, activities, and an Animated Series option designed for K-5 students.

### Say Something™ Anonymous Reporting System

Builds on the core *Say Something* program with an anonymous reporting system via a downloadable app, telephone hotline, and website for safe reporting of concerning behaviors or threats. *\*Additional training for school district personnel and local law enforcement is required for this program.*





# WARNING SIGNS

## BY KNOWING THE SIGNS, WE HAVE THE POWER TO INTERVENE AND GET HELP FOR SOMEONE WHO MAY BE IN CRISIS.

One warning sign on its own does not necessarily mean a person is planning an act of violence. But when many connected or cumulative signs are observed over a period of time, it could mean that the person is heading down a pathway towards violence or self-harm. If you observe one or multiple warning signs, please take it seriously and act immediately. In the event of a life-threatening emergency, immediately call 911 or 988 (the National Suicide Prevention Lifeline).

### Being over-aggressive and/or lacking self-control

- Lack of coping, anger management, and/or conflict resolutions skills
- Making overt threats of violence, in pictures, videos, spoken or written word
- Committing juvenile/multiple offenses, especially if at a young age (less than 10 years old)
- Patterns of impulsive behavior and/or chronic hitting
- Regularly using intimidation or bullying behaviors

### Chronic social isolation

- Experiencing constant social rejection or marginalization
- Sudden increase in withdrawing from other people and activities
- Blaming others for their own failures

### Antisocial behavior

- Negative role models or peer groups
- Dishonesty, antisocial beliefs, and hostility toward authority figures
- Lacks discipline — repeatedly fail to follow rules
- Severe destruction of property
- Intolerance for differences in others; prejudiced
- Access/use and prevalence of drugs and alcohol/ substance abuse

### Mental illness and/or behavioral shifts

- Diagnosed or undiagnosed mental illness
- Previous suicide attempts, ideation, self-harm
- Major change in eating or sleeping habits
- Feelings of hopelessness, guilt, or worthlessness
- Drop in quality of school work, extracurricular activities
- Homicidal or suicidal ideation
- Excessive or obsessive study of firearms and mass shootings.
- Dramatic changes in physical appearance
- Giving away possessions
- Suffered from adverse childhood experiences (trauma)

### Threatening behavior

- Bringing a weapon into school
- Bragging about an upcoming attack
- Recruiting a friend to join an attack
- Warning a friend to stay away from school or an event

